

# **Your Name**

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Anytown, Indiana 46123

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## **SUMMARY**

Dedicated, energetic Healthcare Professional with 6 years of Fitness Management along with 8 years sales and training experience. Excellent project management skills. Recognized for a hard work ethic, customer service and ability to meet and exceed deadlines. Very professional demeanor and telephone presence. Works equally well independently of as part of a team. Works well under pressure. Other skills include:

Strong Leadership Skills	Myofacial Release Therapist	AED/CPR Certified
Supervision/Training	Fitness Programming	Sales/Revenue
Microsoft Office	Exercise Testing	Marketing

LA FITNESS / PRO RESULTS, Greenwood, IN

2002-2009

### **General Manager**

- Managed daily fitness operation including: Created and implemented new wellness programming, provided exercise testing/programming to all clientele, and oversaw 400 plus client profiles.
- Coordinated weekly sales meeting for personal training decision targeting our sales/revenue budgets, consistently generating 50-60K in new business every month.
- Developed and trained 4 Assistant Managers to General Managers in the Indiana District.
- Planned and organized weekly and monthly training seminars for all General Managers along with Assistant Managers throughout the Indiana District.
- Consistently ranked in the top 5 in the country as a district.

BOSTON SPORTS CLUB, TSI, Boston, MA

1999-2002

### **Fitness Manager**

- Managed the daily fitness operations of 3 fitness facilities in the Boston area. This included meeting and exceeding their monthly projections at all 3 locations.
- Created/implemented new wellness programming, which included fitness evaluations, program testing, and exercise prescriptions for all clientele.
- Designed marketing and promotion material for fitness center staff.
- Developed all levels of the staff. Held weekly training/sales seminars and promoted trainers to Fitness Managers in the Boston area.

## **EDUCATION**

Indiana University-Bloomington  
Bachelor of Science in Kinesiology with additional certification as a Fitness Specialist

## **ADDITIONAL HONORS**

Trainer for "Get Fit Indy" Paired with Radio Now & Cardinal Fitness  
Ranked # 1 General Manager and Club for LA Fitness (Dec. 2008)  
Voted Coach of the Year at Bloomington Sportsplex (2001)